

ABSTRACT OF THE DISCLOSURE

Exercise machine having a platform for receiving an exerciser, a post extending from the platform, a carriage which can be moved along the post by the exerciser, and a plurality of elastic elements which can be selectively connected to the carriage to assist or resist movement of the carriage along the post. The machine is highly portable and can be folded for storage.

5

0900953-074904
F06720"E5660660